

My Toddler

at 12 months



Infant Vaccines

One year vaccines:



- HIB
- Pneumococcal
- Hepatitis A
- Varicella
- MMR

If I'm missing any of these shots, please call my health care provider or the Health Department (231)995-6131 to make an appointment.

Happy Birthday!

You and your baby have come a long way in the past year! There are many more changes to look forward to in the months ahead.

Watch me grow! I can . . .

- Gain 3-5 ounces per week!
- Grow about 1/2 inch each month.

What I need . . .

- To be offered healthy foods at snack and meal times.
- 16-24 ounces of whole milk per day.
- Limited juice—1/2 cup a few times a week.
- 4-6 tablespoons of soft or finely chopped fruits and/or vegetables a day.
- 2 tablespoons of protein foods (eggs, cheese, meat) per day.
- 4 small servings of toast, crackers, noodles or potatoes daily.
- To practice eating with a spoon by eating mashed foods like potatoes, applesauce, bananas from a bowl. (Be prepared, I will make a mess.)

Don't forget . . . I can

- Switch from formula to whole milk.
- Eat table foods.
- Start experimenting with a spoon.
- Nap 1-2 times a day and have long periods of sleep at night
- My appetite may decrease because my growth starts to slow down and I'm too busy exploring!
- Say "goodbye" to bottles.
- Enjoy meals and snacks with the family.

Keep me safe ...

- Protect me from hot liquids; turn pan handles toward the center of the stove.
- Keep cleaners and medicines out of my reach.
- Post the Poison Center number by the phone (cut it out from the back of this newsletter).
- Check weight limitations on my car seat.

You can take care of my oral health by...

- Cleaning my teeth after meals and before bed with a soft toothbrush.
- Limiting sippy cups of juice or milk between meals.
- Checking for my one-year molars—they may start to appear soon!
- Calling my dentist to schedule my first exam. If you have Medicaid, Healthy Kids, Delta Dental, or MICHild, you may receive services at Dental Clinics North. Call 1-877-321-7070 for more information .

Show me love by . . .

- Allowing me opportunities to practice new movements in a safe place.
- Playing games with me!
- Praising me.
- Holding and cuddling me.
- Talking to me.
- Reading books to me.
- Telling me the names of pictures, colors, shapes, animals, body parts, etc.
- Give me toys to roll, push, pull, hug, shake, poke, turn, stack, spin and stir.
- Distracting or moving me to another area if my behavior is harmful. (Remember it's your job to keep me safe and out of dangerous places).

(231) 995-6112



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Exploring my world . . . I can

- Walk with help.
- Say one to three words like my name or “bye-bye.”
- Repeat words.
- Play with others.
- Imitate others, for example, clap when you clap.
- Develop feelings about myself and show them.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Drink from a regular cup
- ✓ Play with a ball
- ✓ Say 1-3 words
- ✓ Stand alone
- ✓ Take steps
- ✓ Imitate activities (like talking on the phone)



The Path to Reading...

12 months

You can:

- ★ **Ask** questions when you read. Ask, “Where’s the ball?” or “What does the dog say?” Soon your child will be pointing to the ball and making a “woof woof” sound for the dog. This will help him learn more words.
- ★ **Play peek-a-book.** Hide objects by covering them or moving them out of sight. Ask, “Where’s the doll?” This will help your child learn the names of things.

Book Corner: One year-olds love looking at pictures of themselves, family members, and other children. Put photos in a small picture album and keep it along with your child’s other books. Your child will love looking at it.

Check out these websites for FREE info!



WIC Website for Feeding Information
www.wichealth.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



POISON CONTROL
Available 24 hours a day
7 days a week
1-800-222-1222



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2600 LaFranier
Traverse City, MI 49686
(231) 995-6112

This institution is an equal opportunity provider and employer.

Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.